



# Come to Breakfast at Beaver Brook

## ***What are the some of the benefits of school breakfast?***

- *Improved academic performance and concentration in class*
- *Reduced behavioral problems*
- *Higher nutrient intake*
- *Improved energy level for mental and physical activities*
- *Fewer visits to the school nurse*
- *Decreased absences*

All of our breakfast meals meet the Federal Nutrition Guidelines for School Breakfast. This includes 8 oz. of milk, fresh fruit or 100% fruit juice and a grain offering which includes muffins, cinnamon rolls, cereal bowls, cereal bars, bagels and cream cheese, pancakes and French toast sticks. We have Gluten Free options as well!

**Cost:**     *\$1.50 for full price students*  
              *\$.30 for reduced price eligible students*  
              *Free for free eligible students*

**Time**     *8:40-9:15*

*Students arriving between 8:40-8:59 may enter through Door B (front, near the tree) with an adult signing them into the cafeteria. Bus students/ car drop off kids between 9-9:15 will enter through the usual arrival doors then proceed to the cafeteria if eating breakfast*